

WEEKEND GREETINGS FROM EMMANUEL ROAD, 2020

Posted on May 23, 2020 by Andrew Brown

Greetings.

As in earlier weeks, I send all of you greetings and best wishes and I hope, with all caveats applied, that you have been able to get through another week of the lockdown in as good and positive a fashion as is possible.

As before I can, with pleasure, pass on to you from those with whom I have spoken their best wishes to one and all and I look forward to speaking with a few more of you next week.

This week's meditation can be found at the following link should you be minded to take a peek at it:

To be quiet in the hands of the marvellous an intra-active meditation on part of Ammons' poem, Essay on Poetics"

<https://andrewjbrown.blogspot.com/2020/05/to-be-quiet-in-hands-of-marvellousan.html>

May I also remind you that the service of mindful meditation and the associated order of service can be found at the following links:

[mp3 of the Mindful Meditation](#) (it lasts 45 minutes).

[Order of service -- which you'll need to have to hand](#)

As with last week we're going to have another go at having a **"Time of Conversation"** from 11.30am on Sunday via Zoom. If you'd like to attend this then please be in touch with our

secretary, Brendan Boyle, via the contact tab on our webpage:

<https://www.cambridgeunitarian.org/contact/>

Given all the above, one possible way through Sunday morning might, therefore, be as follows. Take some time to read the written meditation above, then take part in the forty-five minute mindful meditation and, lastly, to click on the Zoom link to join a online version of our regular coffee slot. I know it's not quite like a regular Sunday but it's moderately close . . . If you are able, it's worth giving it a go, surely?

I look forward to seeing some of you there . . .

Lastly, Jenny has said I can attach her picture of a blackbird which she recently had published in the [Rowan](#) newsletter. It's a rather lovely and uplifting drawing methinks. On the subject of the wonderful [Rowan](#), if you are minded to you could nominate them for a £1000 award from the Ecclesiastical Movement for Good"awards? Click on the following link, put in their charity number (1099555) and fill in the rest of the short form and click submit and cross your fingers. The deadline is this Sunday, 24th May.

<https://www.movementforgood.com/#nominateACharity>



Love and best wishes,
Andrew